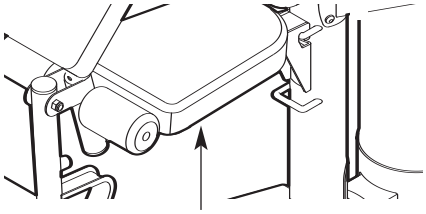
WEIDER® PRO 7000

Model No. WEEVSY6885.0
Serial No. _____
Write the serial number in the space above for future reference.



Serial Number Decal (Under Seat)

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please call:

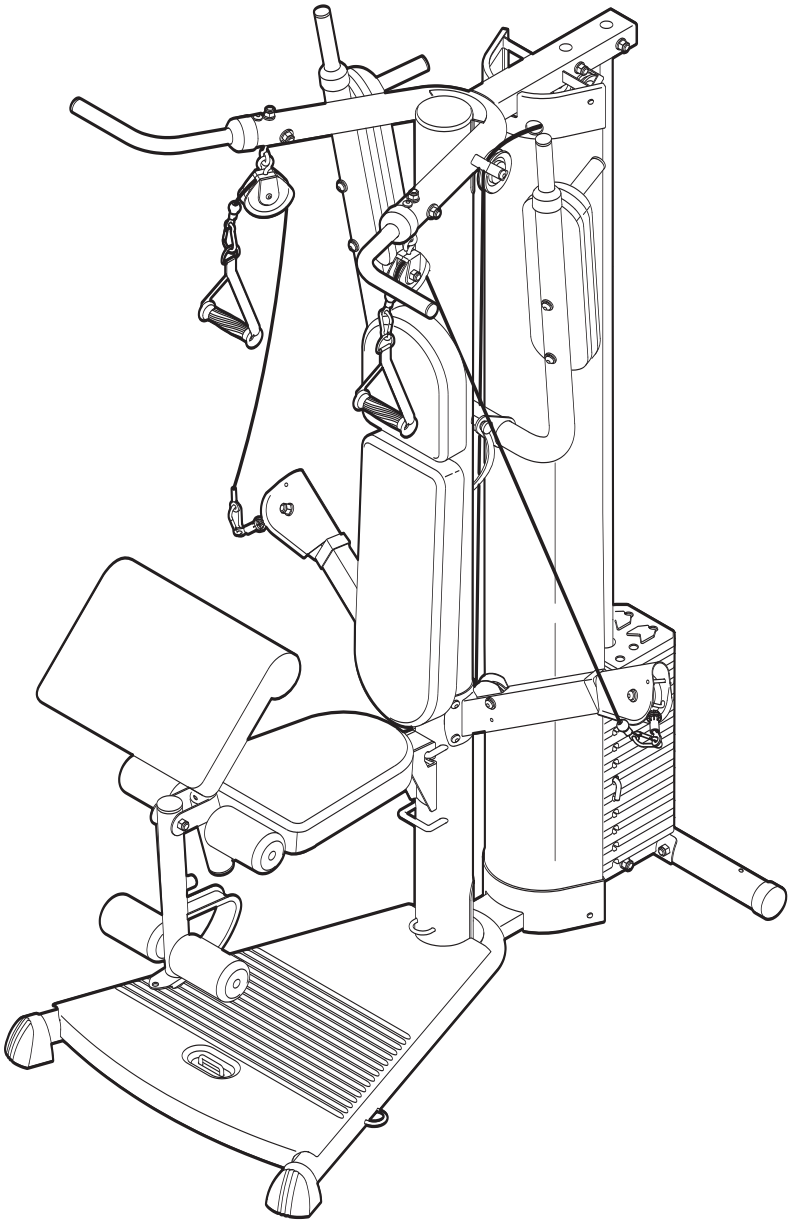
08457 089 009

Or write:
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK
email: csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



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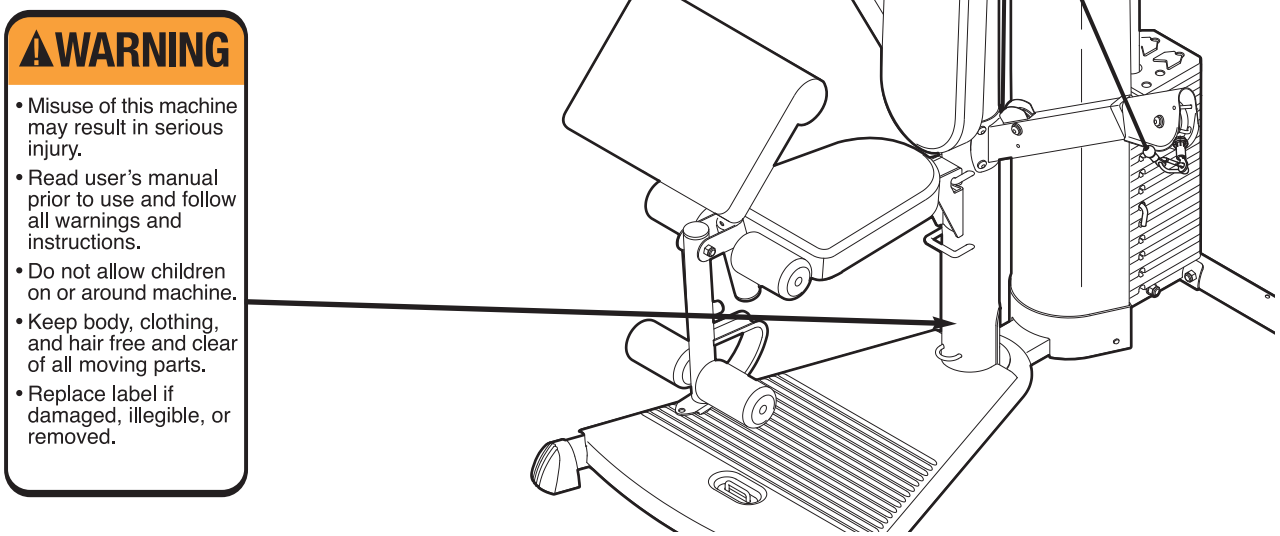
Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING is attached in the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

WARNING DECAL PLACEMENT

The decal shown here has been placed on the weight system in the indicated location. If the decal is missing or illegible, please call the telephone number on the front cover of this manual and order a free replacement decal.


WARNING
• Misuse of this machine may result in serious injury.
• Read user's manual prior to use and follow all warnings and instructions.
• Do not allow children on or around machine.
• Keep body, clothing, and hair free and clear of all moving parts.
• Replace label if damaged, illegible, or removed.

WEIDER is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight system.

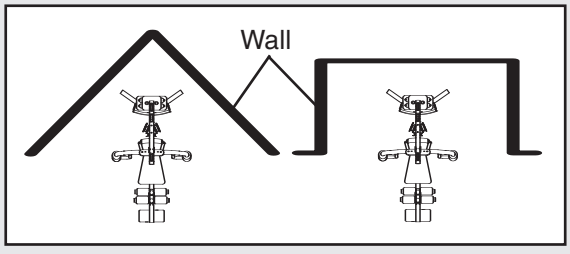
1. **Read all instructions in this manual and all warnings on the weight system before using the weight system. Use the weight system only as described in this manual.**

2. **It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.**

3. **The weight system is intended for home use only. Do not use the weight system in any commercial, rental, or institutional setting.**

4. **Keep the weight system indoors, away from moisture and dust. Place the weight system on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight system to mount, dismount, and use the weight system.**

5. **This weight system has an open weight stack; the weight stack must not be accessible from any point outside of the user's field of view. To prevent access to the weight stack, place the weight system in a corner or bay of a room, as shown in the drawing below. There must be no more than 1 meter (3 ft. 4 in.) of clearance between the weight system and the adjacent walls.**



6. **Keep children under 12 and pets away from the weight system at all times.**

7. **Keep hands and feet away from moving parts.**

8. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**

9. **Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on the pulleys. Replace all cables at least every two years.**

10. **Always wear athletic shoes for foot protection while exercising.**

11. **Always stand on the base plate when performing an exercise that could cause the weight system to tip.**

12. **The weight system is designed to support a maximum user weight of 135 kg (300 lbs.).**

13. **The weight system is designed to be used only with the included weight. Do not use the weight system with dumbbells or any other type of weight to increase the resistance.**

14. **Always move the seat frame out of the way when performing squat exercises.**

15. **Never release the ankle strap, leg lever, squat bar, leg press, or handles while weights are raised; the weights will fall with great force.**

16. **Do not use the weight system with the top weight pinned in an elevated position.**

17. **Always secure the weight stack with the lock pin and lock after exercising to prevent unauthorised use of the weight system (see LOCKING THE WEIGHT STACK on page 15).**

18. **If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.**

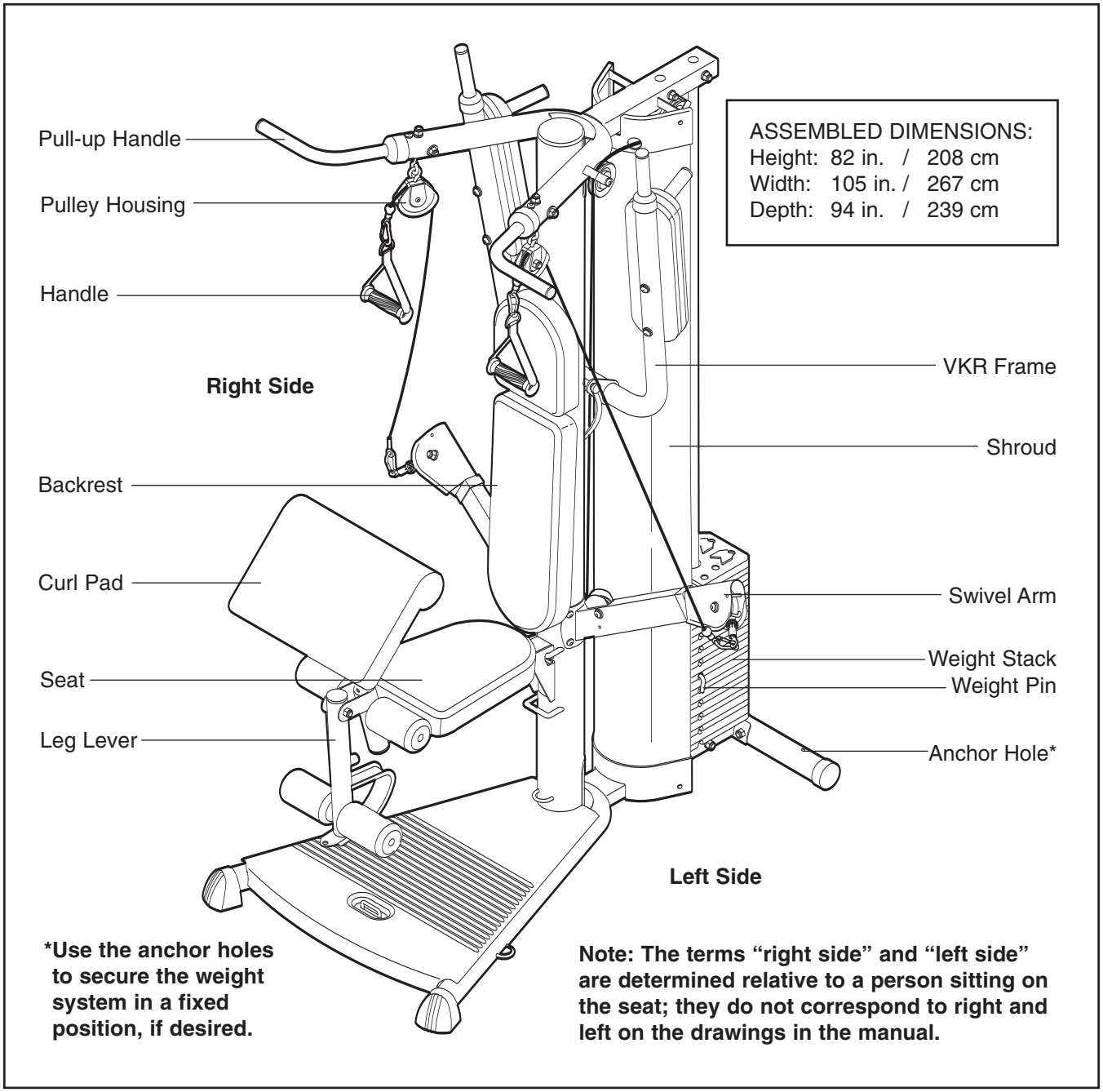
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® PRO 7000 weight system. The weight system offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight system will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight system. If you have questions after reading this manual, see the front cover of this manual. To help us assist you, please note the product model number and serial number before calling. The model number is WEEVSY6885.0. The serial number can be found on a decal attached to the weight system (see the front cover of this manual).

Before reading further, please review the drawing below and familiarise yourself with the parts that are labelled.


Pull-up Handle
Pulley Housing
Handle
Right Side
Backrest
Curl Pad
Seat
Leg Lever
ASSEMBLED DIMENSIONS:
Height: 82 in. / 208 cm
Width: 105 in. / 267 cm
Depth: 94 in. / 239 cm
VKR Frame
Shroud
Swivel Arm
Weight Stack
Weight Pin
Anchor Hole*
Left Side
*Use the anchor holes to secure the weight system in a fixed position, if desired.
Note: The terms "right side" and "left side" are determined relative to a person sitting on the seat; they do not correspond to right and left on the drawings in the manual.

ASSEMBLY

Make Things Easier for Yourself

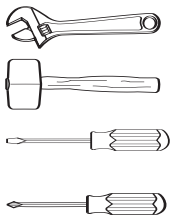
Everything in this manual is designed to ensure that the weight system can be assembled successfully by almost anyone. However, the weight system has many parts and the assembly process will take time. By setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two people.
- Because of its weight and size, the weight system should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight system as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight system, make sure all parts are oriented as shown in the drawings.
- **<u>For help identifying small parts, use the PART IDENTIFICATION CHART.</u>**

Assembly may be require the included grease and hex key , and the following tools (not included):

- **Two adjustable spanners**
- **One rubber mallet**
- **One standard screwdriver**
- **One Phillips screwdriver**



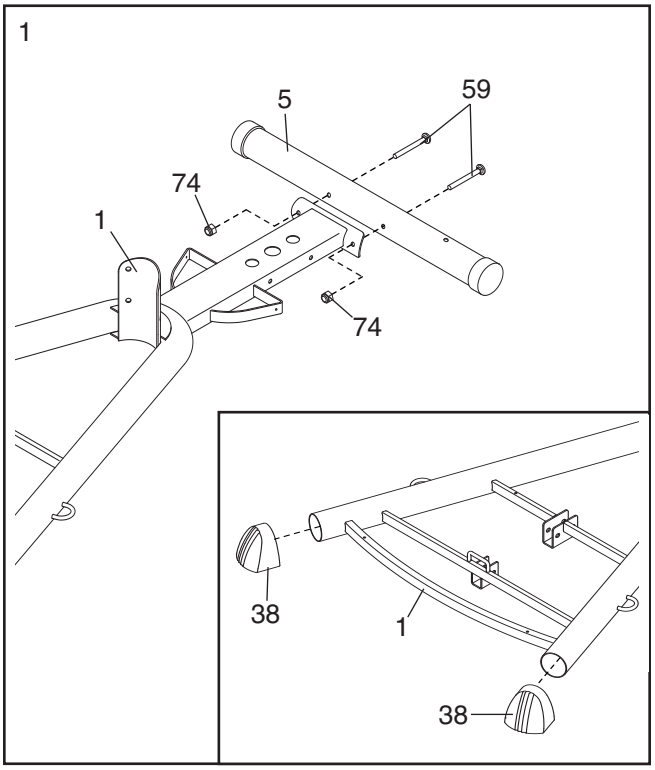
- **Clear tape or masking tape, and soapy water.**

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end spanners, or a set of ratchet spanners.

1. **Before beginning assembly, make sure you understand the information in the box above. For help identifying small parts, use the PART IDENTIFICATION CHART in the center of this manual.**

Attach the Rear Stabilizer (5) to the Base (1) with the two M8 x 76mm Carriage Bolts (59) and two M8 Nylon Locknuts (74).

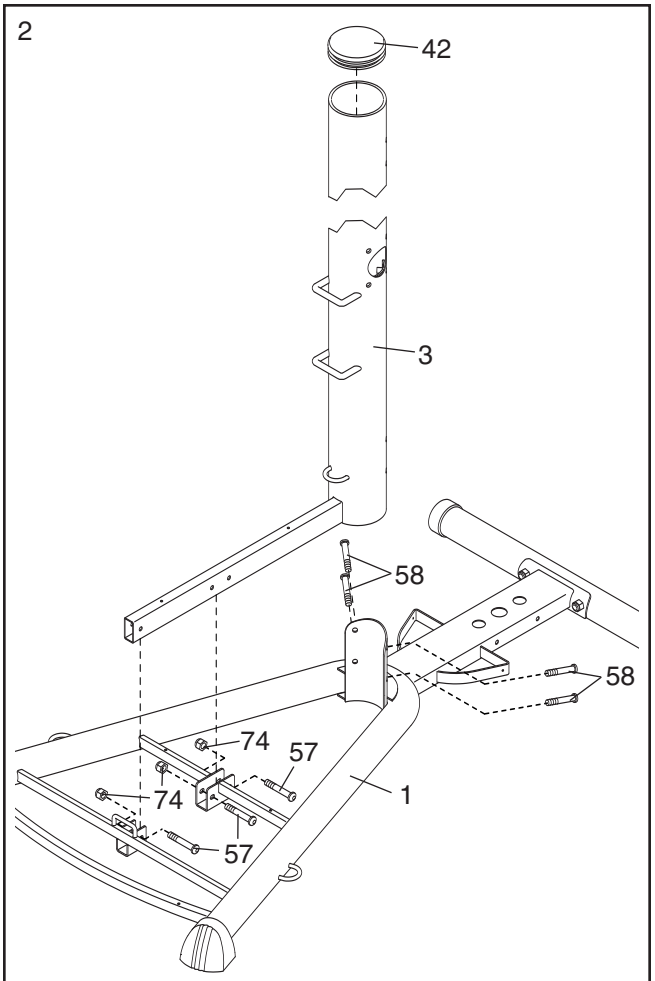
See the inset drawing. Press the two Base Caps (38) onto the Base (1).



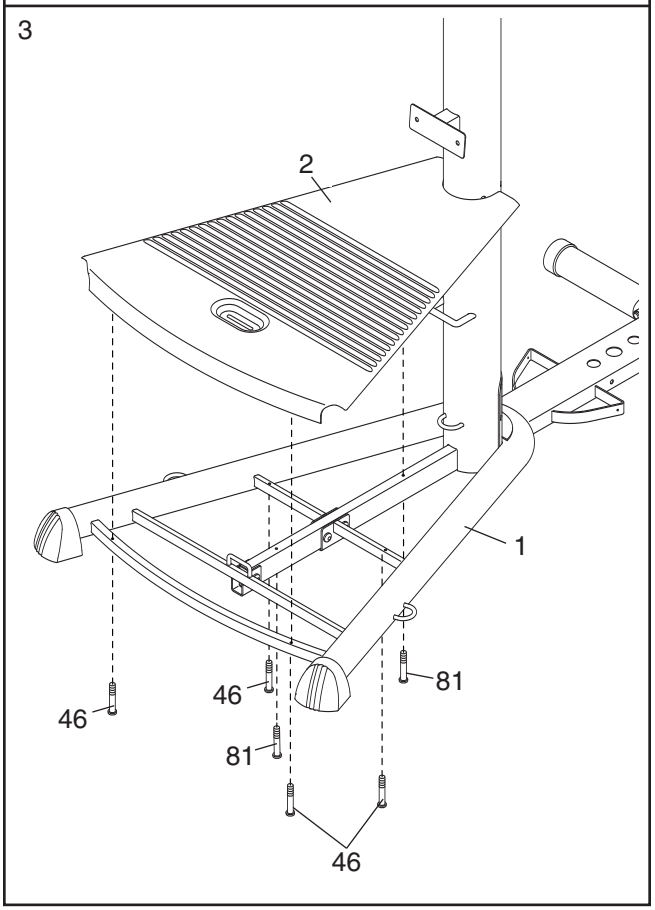
2. Press the 110mm Round Inner Cap (42) into the Upright (3).

   Set the Upright (3) onto the Base (1). Have a second person hold the Upright until this step is completed.

   Attach the Upright (3) to the Base (1) with the three M8 x 45mm Bolts (57), three M8 Nylon Locknuts (74), and four M10 x 25mm Screws (58).



3. Attach the Base Plate (2) to the Base (1) with the four M4 x 40mm Screws (46), and two M4 x 64mm Screws (81).

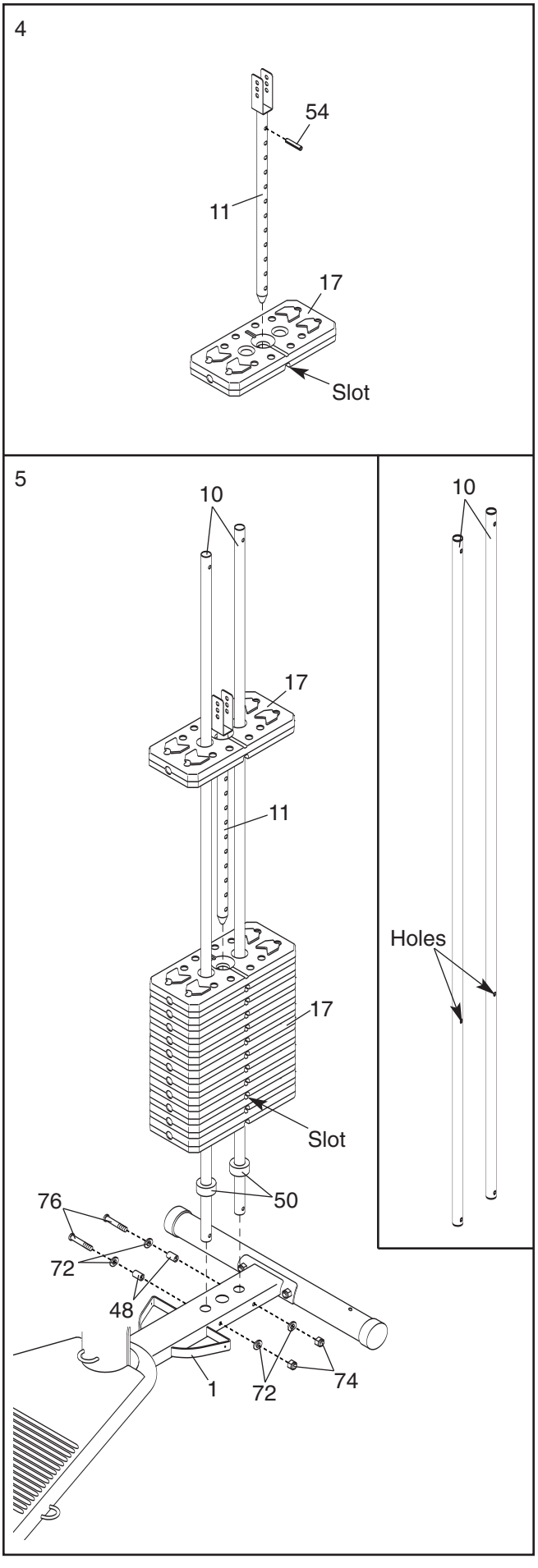


4. Insert the Weight Tube (11) into a Weight (17). **Make sure the indicated slot in the Weight is oriented as shown.** Center the Roll Pin (54) into the indicated hole in the Weight Tube. Note: The Roll Pin must be below the Weight.

5. Orient the two Weight Guides (10) with the indicated hole closer to the bottom (see the inset drawing).

   Insert the two Weight Guides (10) into the indicated holes in the Base (1). Attach the Weight Guides with two M8 x 115mm Bolts (76), four M8 Washers (72), two 38mm Spacers (48), and two M8 Nylon Locknuts (74).

   Slide the two Weight Bumpers (50) onto the Weight Guides (10). Next, slide eleven Weights (17) onto the Weight Guides one at a time. **Make sure the indicated slot in each Weight is oriented as shown.** Then, slide the Weight Tube (11) and Weight (17) onto the Weight Guides.

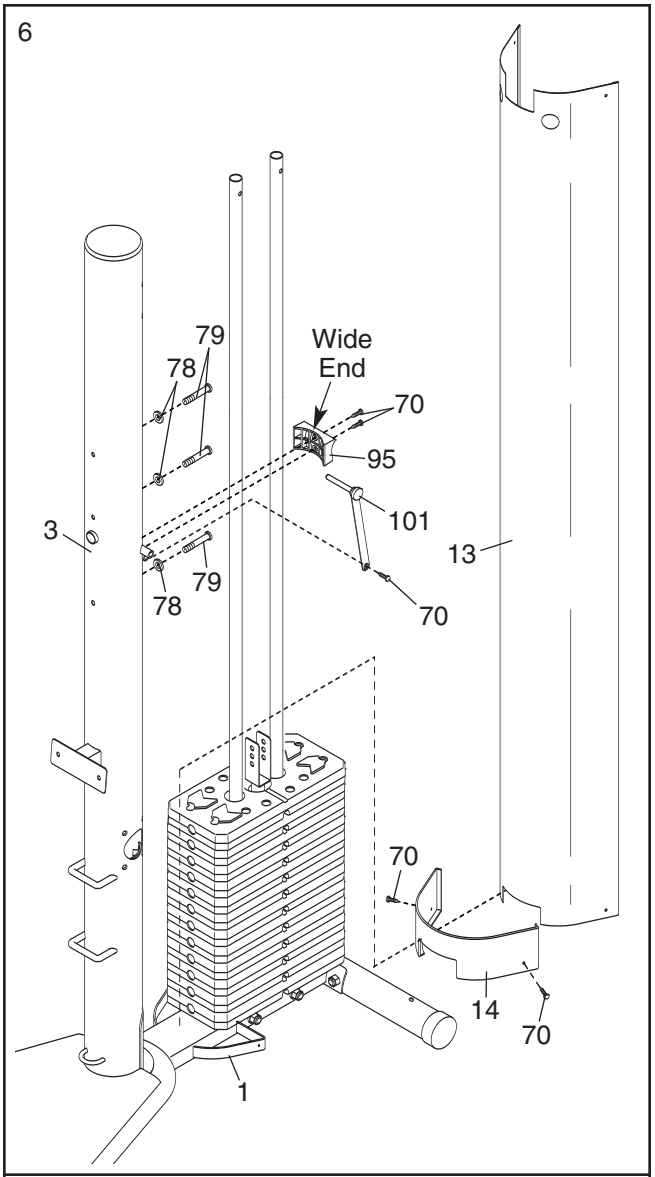


6. Slide three M6 Washers (78) onto three M6 x 127mm Screws (79) and insert the Screws into the Upright (3) through the indicated holes.

   Orient the VKR Bumper (95) with the wide end on top. Attach the VKR Bumper to the Upright (3) with two M4 x 16mm Screws (70).

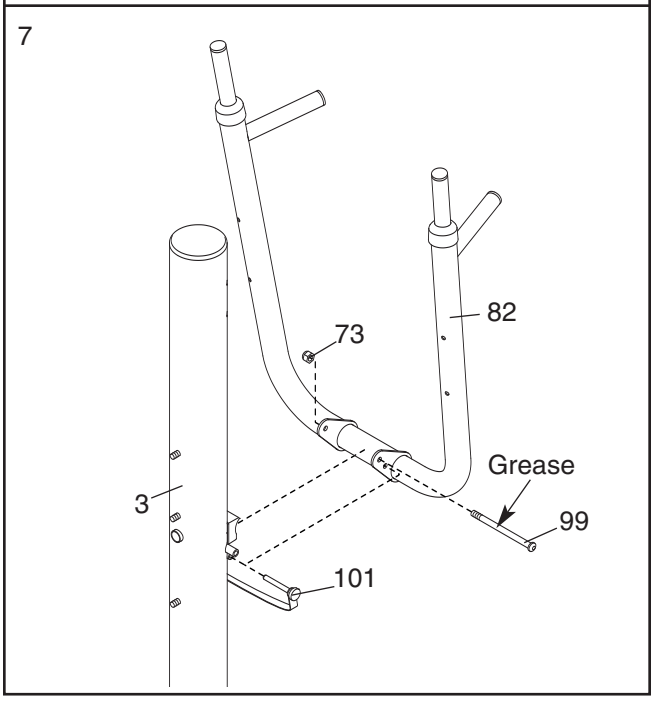
   Attach the VKR Pin (101) to the Upright (3) with an M4 x 16mm Screw (70).

   Set the Shroud (13) onto the Base (1). Attach the Bottom Cover (14) and the Shroud to the Base with two M4 x 16mm Screws (70).



7. Grease the M10 x 168mm Button Bolt (99). Attach the VKR Frame (82) to the Upright (3) with the Bolt and an M10 Nylon Locknut (73). **Do not overtighten the Locknut; the VKR Frame must be able to pivot easily.**

   Engage the VKR Pin (101) into the VKR Frame (82) and the Upright (3).

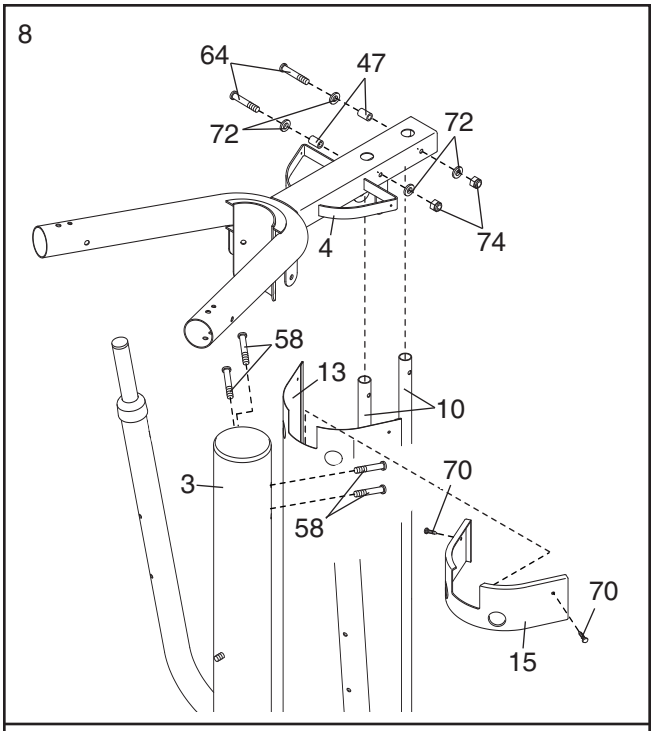


8. Slide the Top Frame (4) onto the Weight Guides (10). Attach the Top Frame to the Weight Guides with two M8 x 89mm Bolts (64), four M8 Washers (72), two 25mm Spacers (47), and two M8 Nylon Locknuts (74). **Do not tighten the Locknuts.**

   Attach the Top Frame (4) to the Upright (3) with four M10 x 25mm Screws (58). **Do not tighten the Screws.**

   Attach the Top Cover (15) to the Shroud (13) and Top Frame (4) with two M4 x 16mm Screws (70).

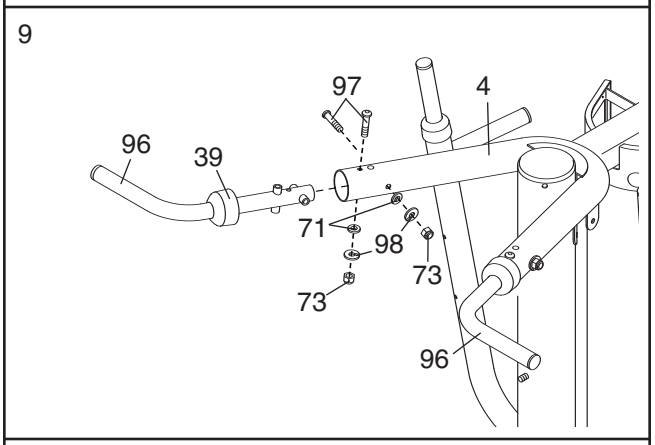
   Tighten the two M8 Nylon Locknuts (74) and the four M10 x 25mm Screws (58).



9. Slide a Pull-up Cap (39) onto a Pull-up Handle (96). Insert the Handle into the Top Frame (4) and press the Cap onto the Top Frame.

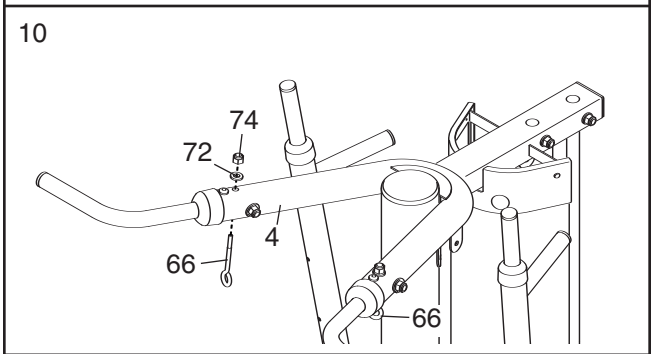
   Attach the Pull-up Handle (96) to the Top Frame (4) with two M10 x 80mm Button Bolts (97), two M10 Washers (71), two M10 Split Washers (98), and two M10 Nylon Locknuts (73).

   Repeat this step with the other Pull-up Handle (96).



10. Attach an Eyehook (66) to the Top Frame (4) with an M8 Washer (72) and an M8 Nylon Locknut (74). **Do not overtighten the Locknut; the Eyehook must rotate freely.**

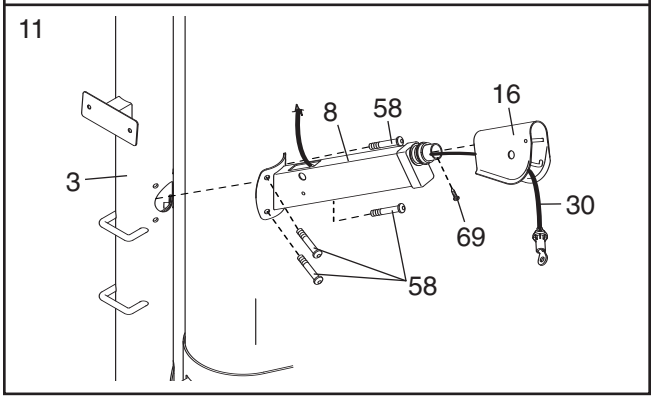
    Repeat this step with the other Eyehook (66).



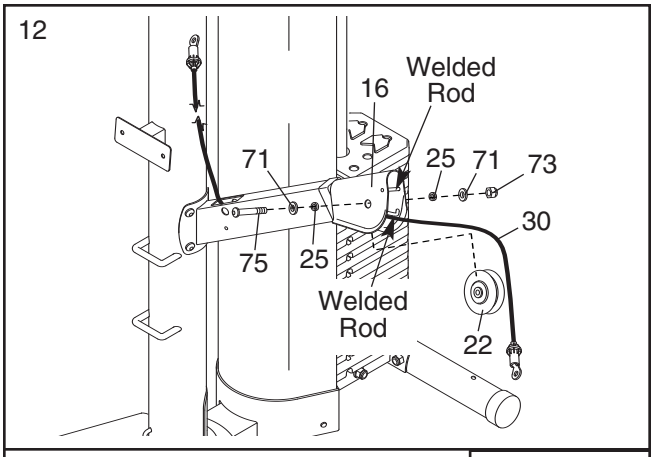
11. Attach the Press Arm (8) without the wire to the Upright (3) with four M10 x 25mm Screws (58).

    Remove the M4 x 5mm Screw (69) and the Swivel Arm (16). Route the Press Arm Cable (30) through the Swivel Arm and the Press Arm (8) as shown.

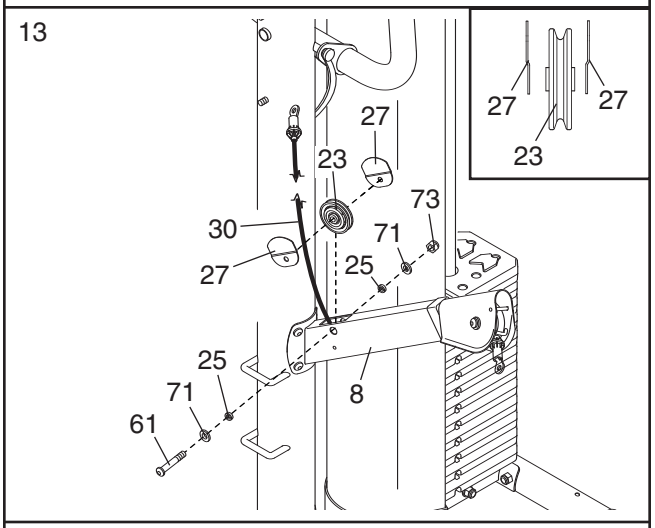
    Reattach the Swivel Arm (16) to the Press Arm (8) with the M4 x 5mm Screw (69).



12. Attach a “V”-pulley (22) to a Swivel Arm (16) with an M10 x 64mm Button Bolt (75), two M10 Washers (71), two 5mm Spacers (25), and an M10 Nylon Locknut (73). **Make sure the Press Arm Cable (30) is routed under the indicated welded rods.**

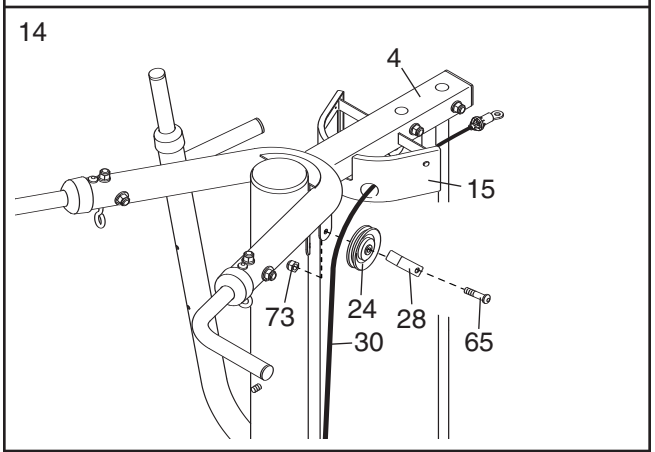


13. Attach a 2 3/4" Pulley (23) to the left Press Arm (8) with an M10 x 53mm Button Bolt (61), two M10 Washers (71), two 5mm Spacers (25), two Finger Guards (27), and an M10 Nylon Locknut (73). **See the inset drawing. Orient the Finger Guards and Pulley as shown. Make sure the Press Arm Cable (30) is in the groove of the Pulley.**

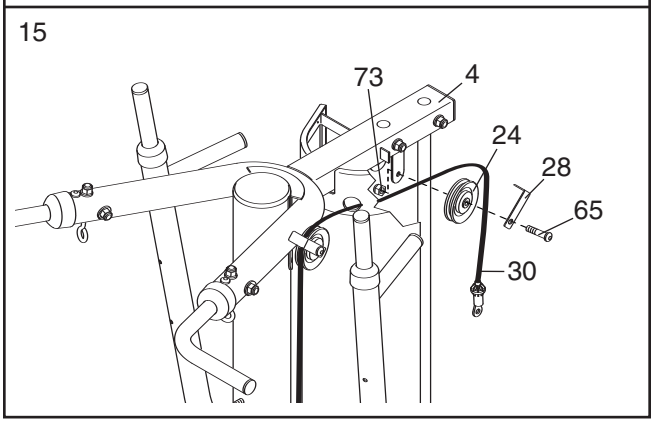


14. Wrap the Press Arm Cable (30) over a 3 1/2" Pulley (24) and route the Cable through the Top Cover (15) as shown.

    Attach the 3 1/2" Pulley (24) and a Cable Trap (28) to the Top Frame (4) with an M10 x 45mm Bolt (65) and an M10 Nylon Locknut (73). **Make sure the Cable Trap is oriented to hold the Press Arm Cable (30) in the groove of the Pulley.**



15. Wrap the Press Arm Cable (30) over a 3 1/2" Pulley (24). Attach the Pulley and a Cable Trap (28) to the Top Frame (4) with an M10 x 45mm Bolt (65) and an M10 Nylon Locknut (73). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



16. Wrap the Press Arm Cable (30) under a 3 1/2" Pulley (24). Attach the Pulley, a Cable Trap (28), and two Half Finger Guards (26) to the Weight Tube (11) with an M10 x 48mm Bolt (62) and an M10 Nylon Locknut (73) at the indicated hole. **Make sure the Finger Guards are oriented as shown and are on the outside of the Weight Tube. Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**

17. Wrap the Press Arm Cable (30) over a 3 1/2" Pulley (24). Attach the Pulley and a Cable Trap (28) to the Top Frame (4) with an M10 x 45mm Bolt (65) and an M10 Nylon Locknut (73). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**

18. Route the Press Arm Cable (30) through the Top Cover (15).

    Wrap the Press Arm Cable (30) over a 3 1/2" Pulley (24). Attach the Pulley and a Cable Trap (28) to the Top Frame (4) with an M10 x 45mm Bolt (65) and an M10 Nylon Locknut (73). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**

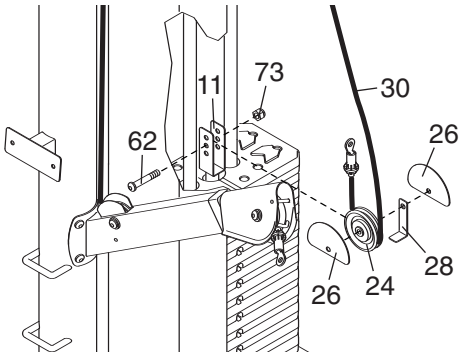
19. Attach the Press Arm (8) with the wire to the Upright (3) with four M10 x 25mm Screws (58).

    Remove the M4 x 5mm Screw (69) and the Swivel Arm (16).

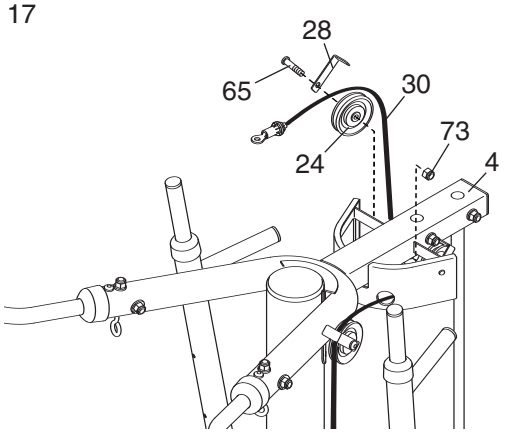
    Using the wire that is inserted into the Press Arm (8), route the Press Arm Cable (30) through the Press Arm as shown. Route the Cable through the Swivel Arm (16).

    Reattach the Swivel Arm (16) to the Press Arm (8) with the M4 x 5mm Screw (69).

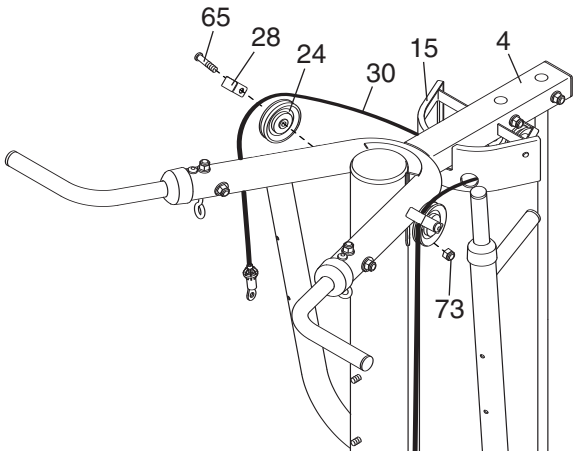
16



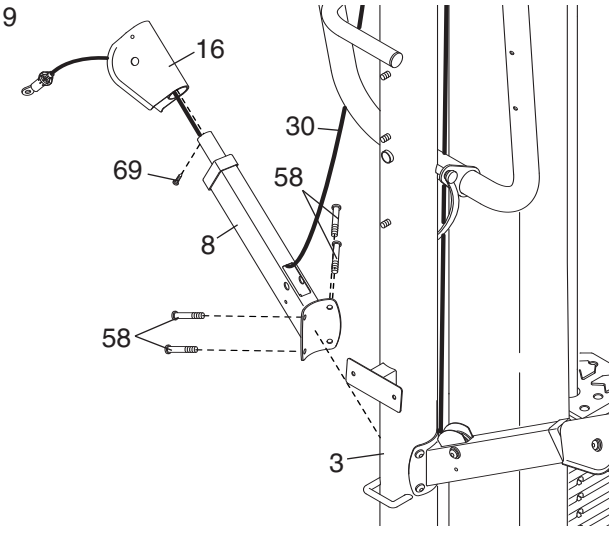
17



18



19



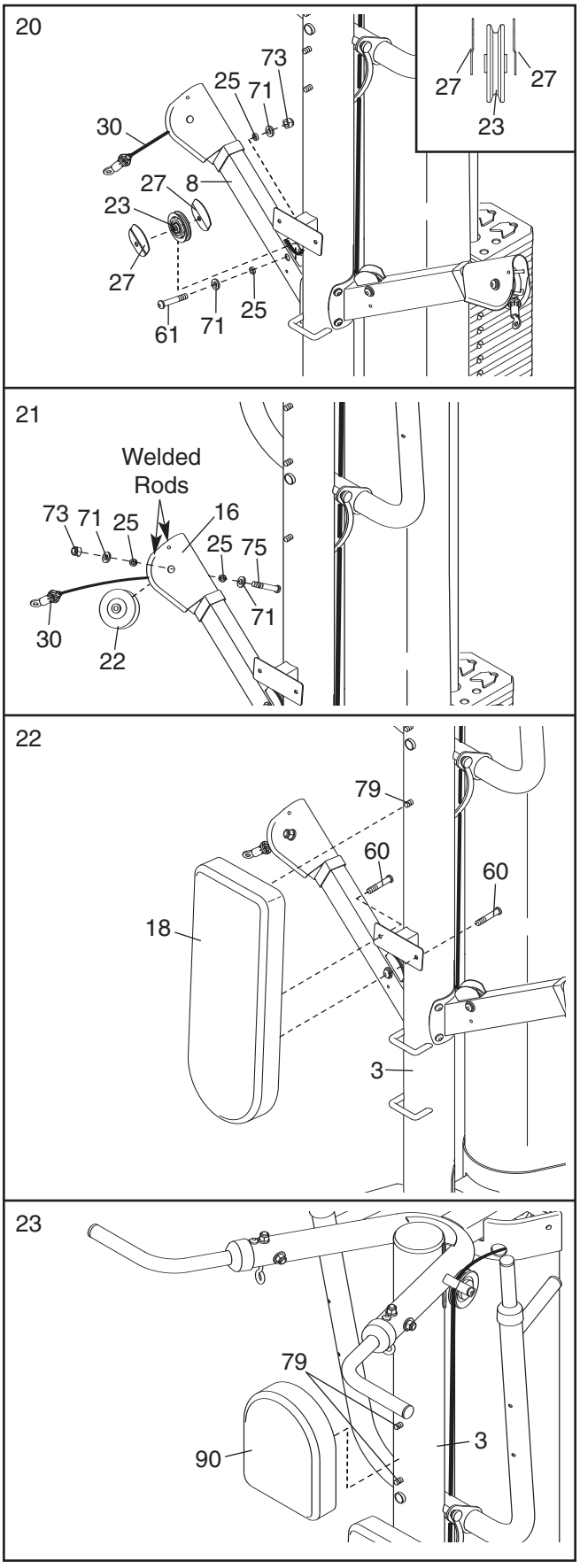
20. Attach a 2 3/4" Pulley (23) to the right Press Arm (8) with an M10 x 53mm Button Bolt (61), two M10 Washers (71), two 5mm Spacers (25), two Finger Guards (27), and an M10 Nylon Locknut (73). **See the inset drawing. Orient the Finger Guards and Pulley as shown. Make sure the Press Arm Cable (30) is in the groove of the Pulley.**

21. **Make sure the Press Arm Cable (30) is routed under the indicated welded rods.**

    Attach a "V"-pulley (22) to the Swivel Arm (16) with an M10 x 64mm Button Bolt (75), two M10 Washers (71), two 5mm Spacers (25), and an M10 Nylon Locknut (73).

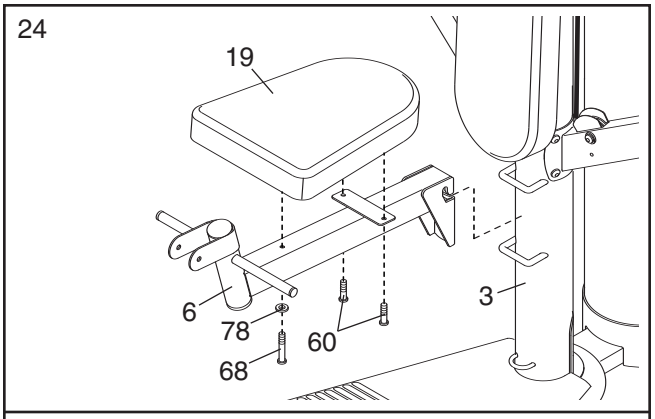
22. Attach the Backrest (18) to the Upright (3) with two M6 x 25mm Screws (60) and the indicated M6 x 127mm Screw (79).

23. Attach the Headrest (90) to the Upright (3) with the two indicated M6 x 127mm Screws (79).



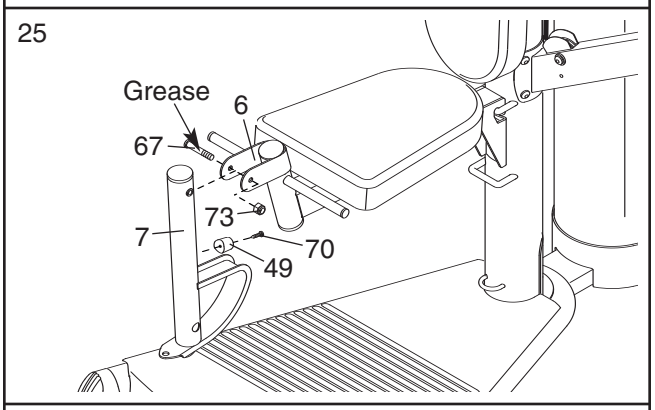
24. Attach the Seat (19) to the Seat Frame (6) with two M6 x 25mm Screws (60), an M6 x 77mm Screw (68), and an M6 Washer (78).

    Hook the Seat Frame (6) onto the Upright (3) at the indicated location.



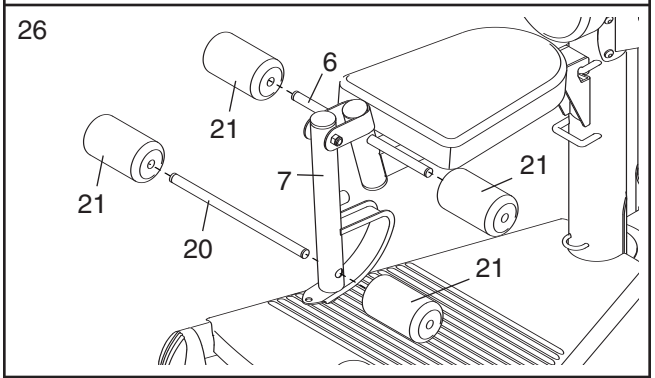
25. Attach the Bumper (49) to the Leg Lever (7) with an M4 x 16mm Screw (70).

    Apply grease to an M10 x 71mm Bolt (67). Attach the Leg Lever (7) to the Seat Frame (6) with the Bolt and an M10 Nylon Locknut (73). **Do not overtighten the Bolt; the Leg Lever must be able to pivot easily.**



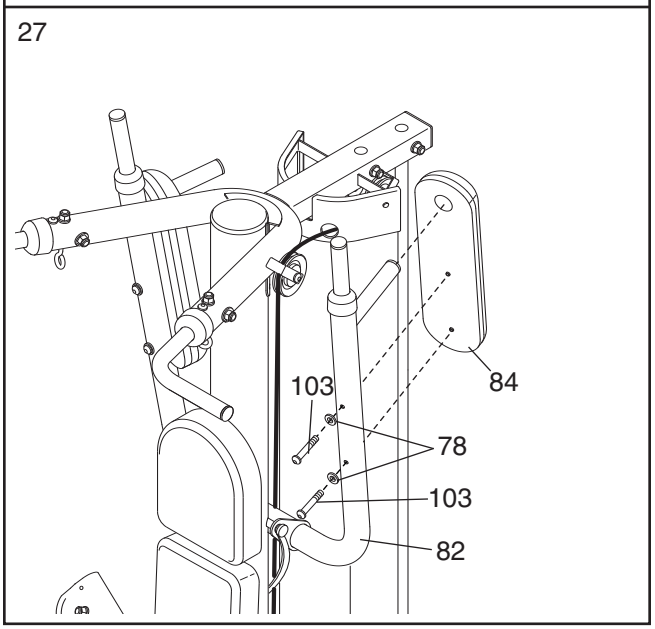
26. Slide two Foam Pads (21) onto the Seat Frame (6).

    Slide a Pad Tube (20) through a hole in the Leg Lever (7). Slide two Foam Pads (21) onto the Pad Tube.

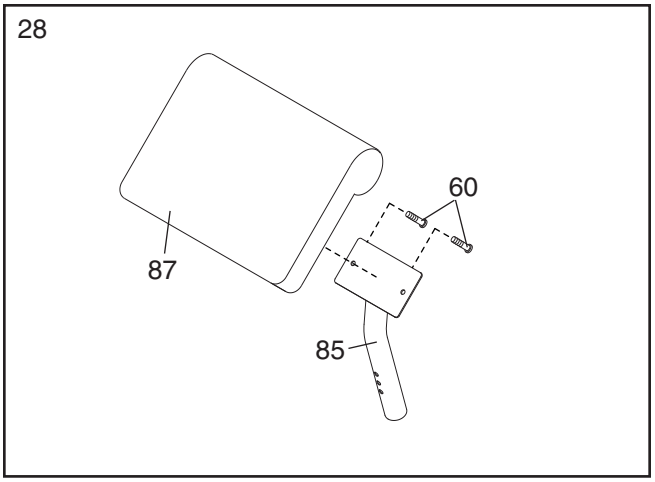


27. Slide an Arm Pad (84) onto the VKR Frame (82). Attach the Arm Pad and Base to the Frame with two M6 x 63mm Screws (103) and two M6 Washers (78).

    Repeat this step on the other side of the VKR Frame (82).



28. Attach the Curl Pad (87) to the Curl Post (85) with two M6 x 25mm Screws (60).



29. **Make sure that all parts have been properly tightened before the weight system is used.**

ADJUSTMENTS

This section explains how to adjust the weight system. See the EXERCISE GUIDELINES on page 18 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

Make sure all parts are properly tightened each time the weight system is used. Replace any worn parts immediately. The weight system can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ATTACHING THE PULLEY HOUSINGS

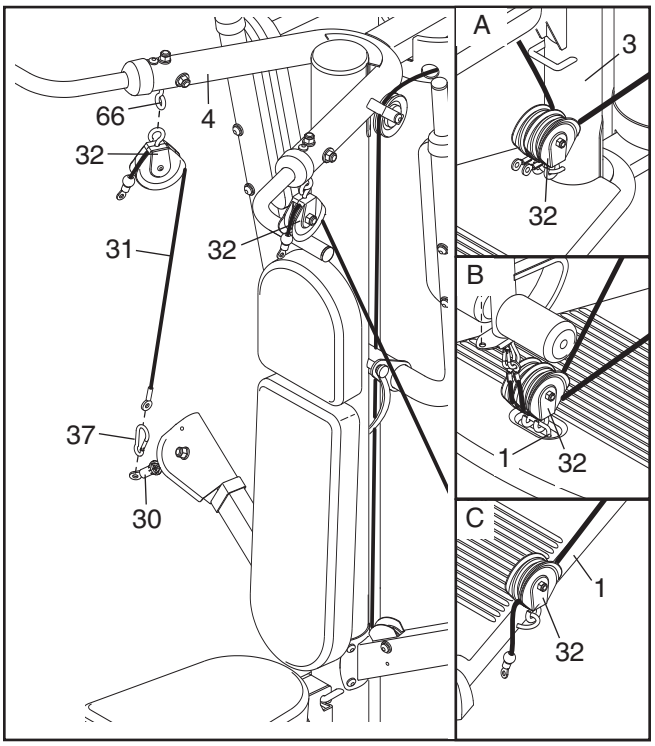
To use a high pulley, slide the hook on the Pulley Housing (32) onto an Eyehook (66) on the Top Frame (4). Attach the end of the Extension Cable (31) without the ball to the end of the Press Arm Cable (30) with a Cable Clip (37). **Attach the other Pulley Housing in the same manner.**

See the inset drawing A. To use the leg lever (not shown), hook the Pulley Housings (32) to the hooks on the Upright (3).

See the inset drawing B. To use the curl bar (not shown), hook the Pulley Housings (32) to the hook in the center of the Base (1). Attach the end of the Extension Cable (31) without the ball to the end of the Press Arm Cable (30) with two Cable Clips (37).

See the inset drawing C. To use the squat bar (not shown), hook the Pulley Housings (32) to the hooks on the sides of the Base (1). **Note: To use the squat bar, you must first remove the Seat Frame from the Upright (See ADJUSTING THE SEAT FRAME HEIGHT on the next page).**

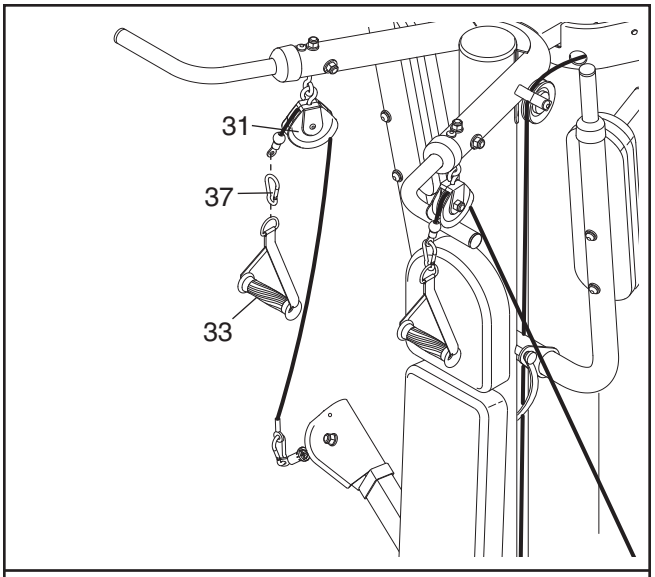
Remove the Pulley Housings (32) when not in use.



ATTACHING THE HANDLES

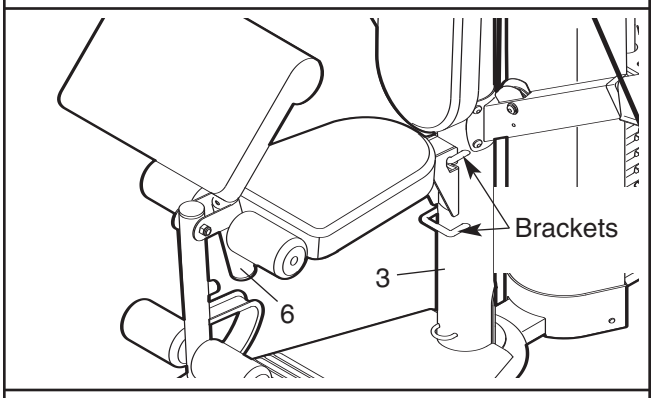
To attach a Handle (33), first attach the pulley housings to the weight system (see ATTACHING THE PULLEY HOUSING on page 14). Then, attach the Handle to an Extension Cable (31) with a Cable Clip (37). **The Handles can be attached to the Press Arm Cable (30) in the same manner.**

The Ankle Strap (not shown) or Squat Bar (not shown) can be attached to an Extension Cable (31) in the same manner. For some exercises an Extension Strap (not shown) should be attached between the Extension Cable and the accessory with two Cable Clips (37).



ADJUSTING THE SEAT FRAME HEIGHT

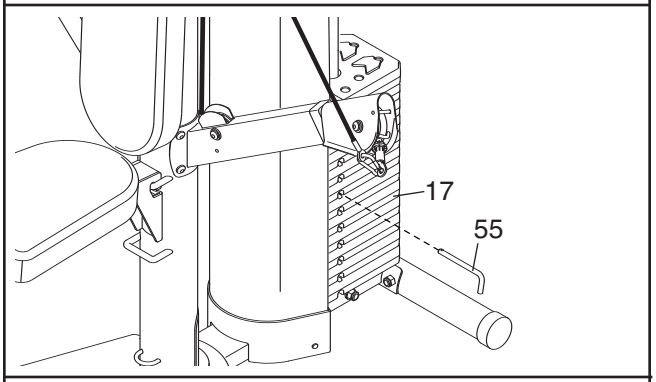
To adjust the height of the Seat Frame (6), or to remove it for exercising with the squat bar, unhook the Seat Frame from the indicated brackets on the Upright (3). Hook it onto the other bracket or set it aside.



CHANGING THE WEIGHT SETTING

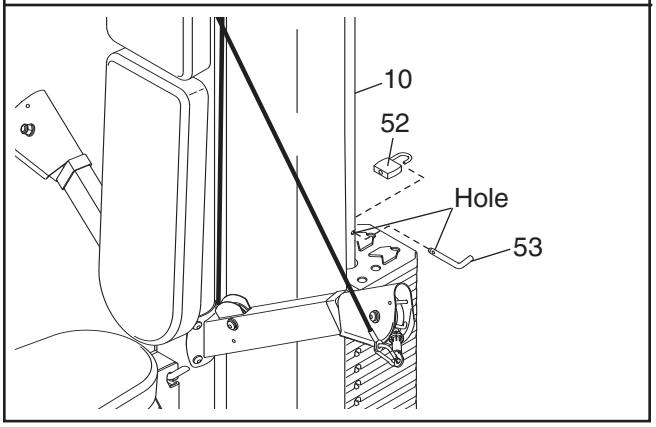
To change the setting of a weight stack, insert the Weight Pin (55) under the desired Weight (17). Insert the Weight Pin so that the bent end touches the weight stack. Turn the bent end down.

See the WEIGHT RESISTANCE CHART on page 17 for the resistance for each station.



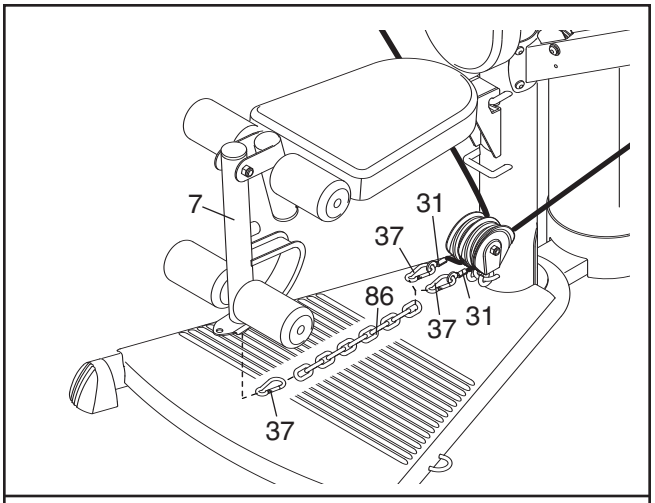
LOCKING THE WEIGHT STACK

To lock the weight stack, insert the Lock Pin (53) into the indicated hole in a Weight Guide (10). Insert the Lock (52) through the hole in the Weight Pin and close the Lock.



ATTACHING THE LEG LEVER

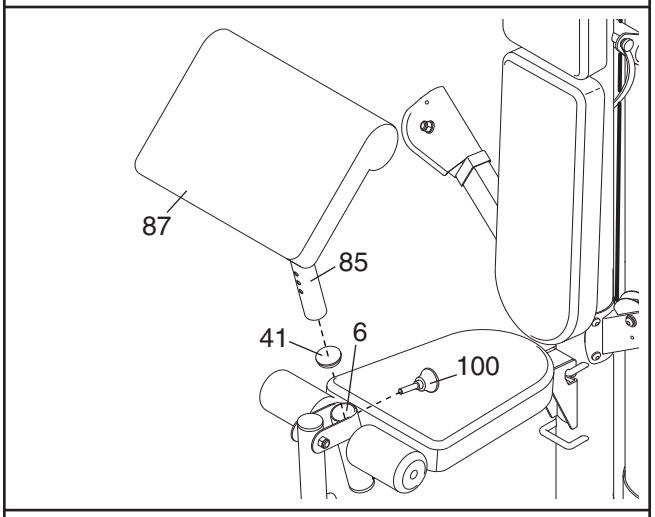
To use the Leg Lever (7), first attach the seat to the weight system (see ADJUSTING THE SEAT FRAME HEIGHT on page 15). Then, attach the pulley housings to the upright (see ATTACHING THE PULLEY HOUSINGS on page 14). Finally, attach the Extension Cables (31) to the Chain (86) with two Cable Clips (37) and attach the Chain to the Leg Lever with another Cable Clip. **Note: For less resistance, the Leg Lever can be used with only one Extension Cable attached to it.**



ATTACHING THE CURL PAD

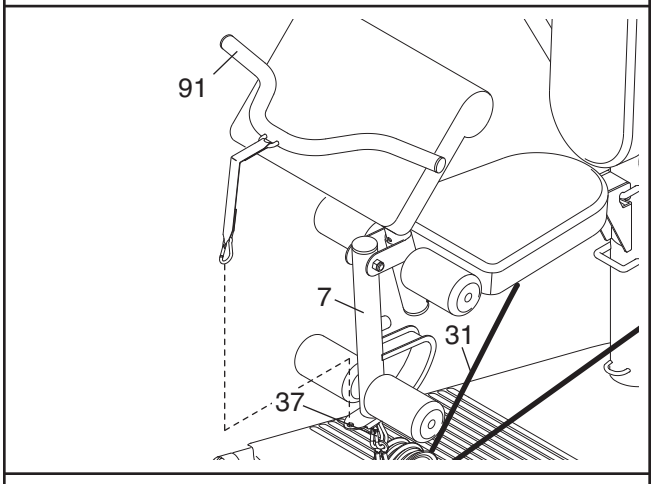
To use the Curl Pad (87), first remove the 51mm Round Inner Cap (41) from the Seat Frame (6). Then secure the Curl Post (85) inside the Seat Frame with the Curl Knob (100).

When the Curl Pad (87) is not being used, the 51mm Round Inner Cap (41) should be reinserted into the Seat Frame (6).



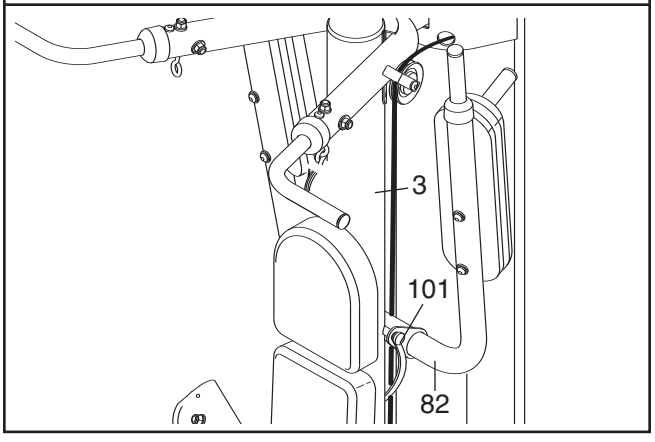
ATTACHING THE CURL BAR

To use the Curl Bar (91), first attach the curl pad to the seat frame (see ATTACHING THE CURL PAD above). Then, with the pulley housings attached to the base (see ATTACHING THE PULLEY HOUSINGS on page 14), attach the Extension Cables (31) to the Leg Lever (7) with Cable Clips (37). Finally, attach the Curl Bar to the Leg Lever.



ADJUSTING THE VKR FRAME

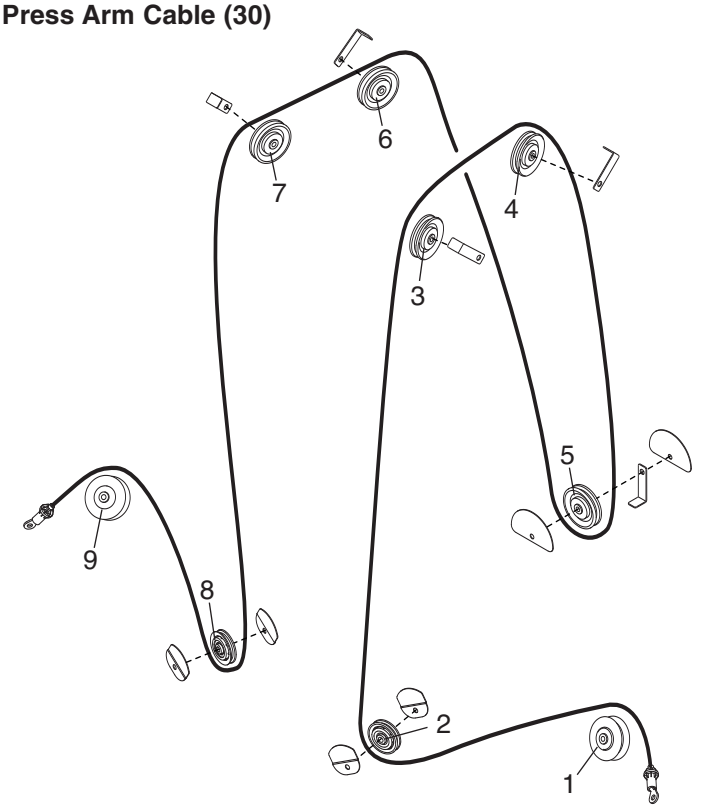
To adjust the VKR Frame (82), remove the VKR Pin (101) from the Frame and the Upright (3). Move the Frame down to use the Frame to exercise, or up to the stored position. Reengage the Pin into the Frame and Upright.



CABLE DIAGRAM

The cable diagram shows the proper routing of the Press Arm Cable (30). Use the diagram to make sure that the Cable has been assembled correctly. If the Cable has not been correctly routed, the weight system will not function properly and damage may occur. The numbers show the correct route for the Cable.

Press Arm Cable (30)



WEIGHT RESISTANCE CHART

The chart below shows the approximate weight resistance for the 12.5 lb. weights. Weight resistance shown is for each arm. **Note: The actual resistance at each station may vary due to differences in individual weight plates as well as friction between the cables, pulleys, and weight guides.**

WEIGHT	1	2	3	4	5	6	7	8	9	10	11	12
RESISTANCE	14	23	32	41	50	59	68	77	86	95	102	110

EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building
To increase the size and strength of your muscles, push them to a high percentage of their maximum capacity. Your muscles will adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions.)

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

Toning
You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

Weight Loss
To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training
Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an exercise cycle, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

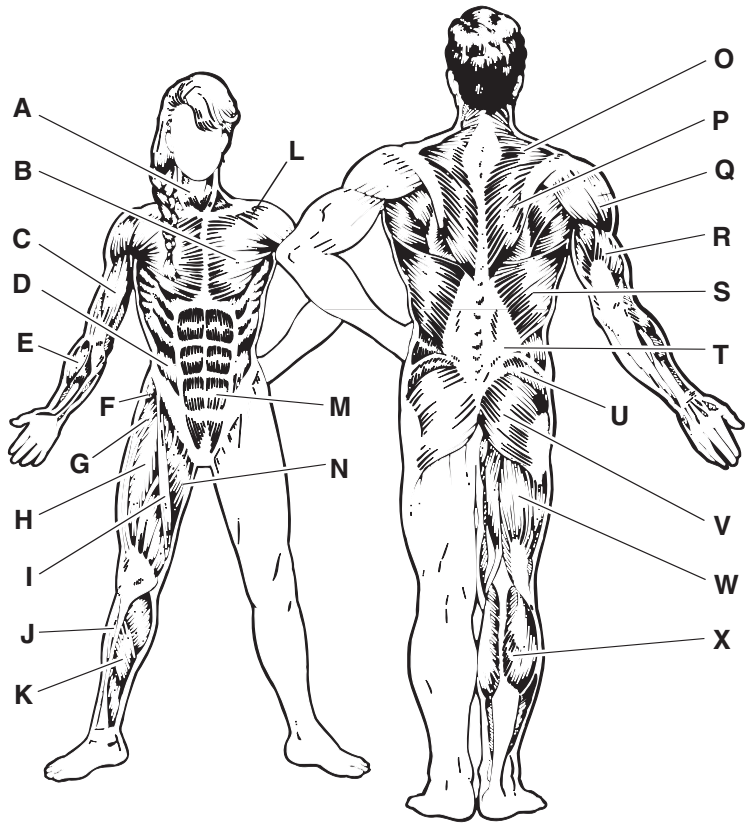
Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



MUSCLE CHART

A. Sternomastoid (neck)
B. Pectoralis Major (chest)
C. Biceps (front of arm)
D. Obliques (waist)
E. Brachioradials (forearm)
F. Hip Flexors (upper thigh)
G. Abductor (outer thigh)
H. Quadriceps (front of thigh)
I. Sartorius (front of thigh)
J. Tibialis Anterior (front of calf)
K. Soleus (front of calf)
L. Anterior Deltoid (shoulder)
M. Rectus Abdominus (stomach)
N. Adductor (inner thigh)
O. Trapezius (upper back)
P. Rhomboideus (upper back)
Q. Posterior Deltoid (shoulder)
R. Triceps (back of arm)
S. Latissimus Dorsi (mid back)
T. Spinae Erectors (lower back)
U. Gluteus Medius (hip)
V. Gluteus Maximus (buttocks)
W. Hamstring (back of leg)
X. Gastrocnemius (back of calf)

ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: (44) 113 387 7133
Fax: (44) 113 387 7125

Please provide the following information when ordering replacement parts:

- the MODEL NUMBER of the product (WEEVSY6885.0)
- the NAME of the product (WEIDER PRO 7000 weight system)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING in the centre of this manual)

Part No. 231492 R0905A

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PART LIST—Model No. WEEVSY6885.0

R0905A

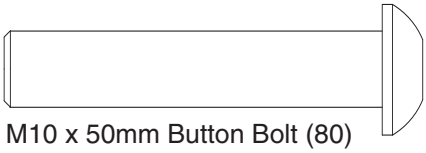
Key No.	Qty.	Description
1	1	Base
2	1	Base Plate
3	1	Upright
4	1	Top Frame
5	1	Rear Stabilizer
6	1	Seat Frame
7	1	Leg Lever
8	2	Press Arm
9	1	Squat Bar
10	2	Weight Guide
11	1	Weight Tube
12	1	Weight Tube Bumper
13	1	Shroud
14	1	Bottom Cover
15	1	Top Cover
16	2	Swivel Arm
17	12	Weight
18	1	Backrest
19	1	Seat
20	1	Pad Tube
21	4	Foam Pad
22	2	“V”-pulley
23	4	2 3/4" Pulley
24	5	3 1/2" Pulley
25	8	5mm Spacer
26	2	Half Finger Guard
27	4	Finger Guard
28	5	Cable Trap
29	4	Pulley Cover
30	1	Press Arm Cable
31	2	Extension Cable
32	2	Pulley Housing
33	2	Handle
34	2	Extension Strap
35	1	Squat Bar Pad
36	1	Ankle Strap
37	6	Cable Clip
38	2	Base Cap
39	2	Pull-up Cap
40	4	19mm Round Inner Cap
41	2	51mm Round Inner Cap
42	1	110mm Round Inner Cap
43	2	Press Arm Cap
44	2	32mm Thick Round Inner Cap
45	1	51mm x 76mm Inner Cap
46	4	M4 x 40mm Screw
47	2	25mm Spacer
48	2	38mm Spacer
49	1	Bumper
50	2	Weight Bumper
51	4	Swivel Arm Bushing
52	1	Lock
53	1	Lock Pin
54	1	Roll Pin
55	1	Weight Pin
56	2	25mm Round Inner Cap
57	3	M8 x 45mm Bolt
58	16	M10 x 25mm Screw
59	2	M8 x 76mm Carriage Bolt
60	6	M6 x 25mm Screw
61	2	M10 x 53mm Button Bolt
62	1	M10 x 48mm Bolt
63	1	51mm Thin Round Inner Cap
64	2	M8 x 89mm Bolt
65	4	M10 x 45mm Bolt
66	2	Eyehook
67	1	M10 x 71mm Bolt
68	1	M6 x 77mm Screw
69	2	M4 x 5mm Screw
70	8	M4 x 16mm Screw
71	16	M10 Washer
72	10	M8 Washer
73	17	M10 Nylon Locknut
74	11	M8 Nylon Locknut
75	2	M10 x 64mm Button Bolt
76	2	M8 x 115mm Bolt
77	2	M5 x 15mm Screw
78	8	M6 Washer
79	3	M6 x 127mm Screw
80	2	M10 x 50mm Button Bolt
81	2	M4 x 64mm Screw
82	1	VKR Frame
83	2	Arm Bushing
84	2	Arm Pad
85	1	Curl Post
86	1	Chain
87	1	Curl Pad
88	1	Squat Bar Hook
89	2	64mm Round Outer Cap
90	1	Headrest
91	1	Curl Bar
92	2	Large VKR Cap
93	2	Arm Pad Bushing
94	4	32mm Round Inner Cap
95	1	VKR Bumper
96	2	Pull-up Handle
97	4	M10 x 80mm Button Bolt
98	4	M10 Split Washer
99	1	M10 x 168mm Button Bolt
100	1	Curl Knob
101	1	VKR Pin
102	4	32mm Thin Round Inner Cap
103	4	M6 x 63mm Screw
#	1	User’s Manual
#	1	Exercise Guide
#	1	Hex Key

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice.

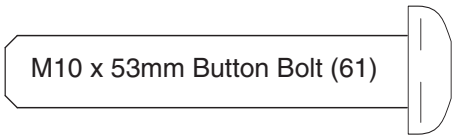
PART IDENTIFICATION CHART

Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST in the center of this manual. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**

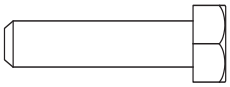
M10 x 25mm Screw (58)



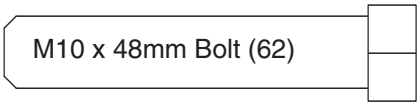
M10 x 50mm Button Bolt (80)



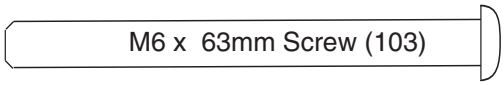
M10 x 53mm Button Bolt (61)



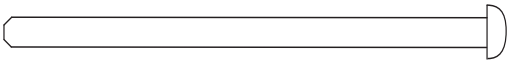
M6 x 25mm Screw (60)



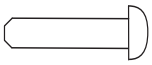
M10 x 48mm Bolt (62)



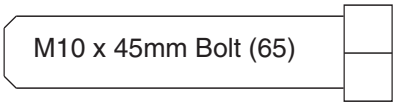
M6 x 63mm Screw (103)



M4 x 64mm Screw (81)



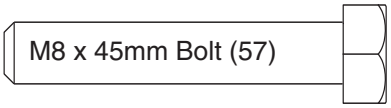
M4 x 16mm Screw (70)



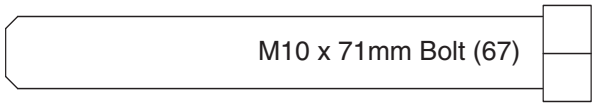
M10 x 45mm Bolt (65)

M10 x 64mm Button Bolt (75)

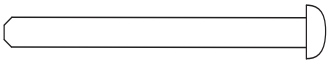
M4 x 5mm Screw (69)



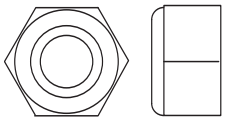
M8 x 45mm Bolt (57)



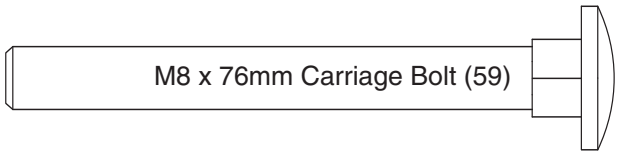
M10 x 71mm Bolt (67)



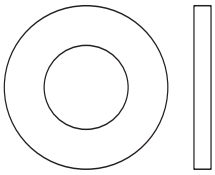
M4 x 40mm Screw (46)



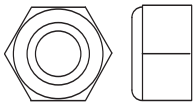
M10 Nylon Locknut (73)



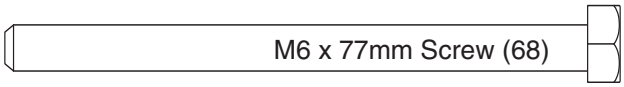
M8 x 76mm Carriage Bolt (59)



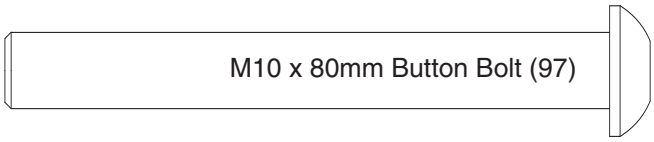
M10 Washer (71)



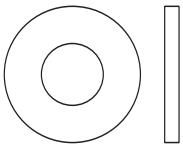
M8 Nylon Locknut (74)



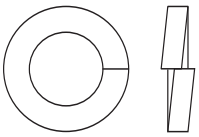
M6 x 77mm Screw (68)



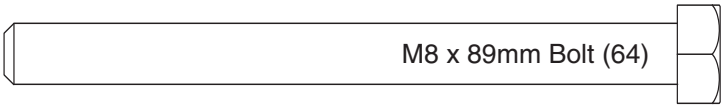
M10 x 80mm Button Bolt (97)



M8 Washer (72)

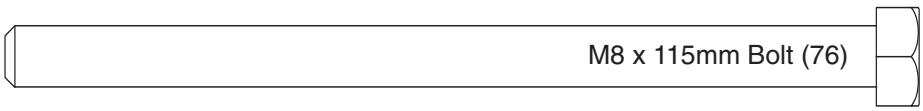


M10 Split Washer (98)

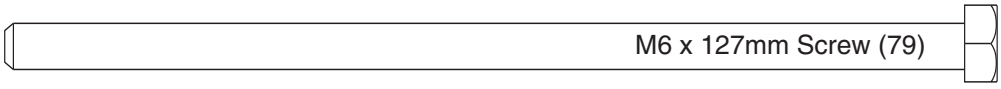


M8 x 89mm Bolt (64)

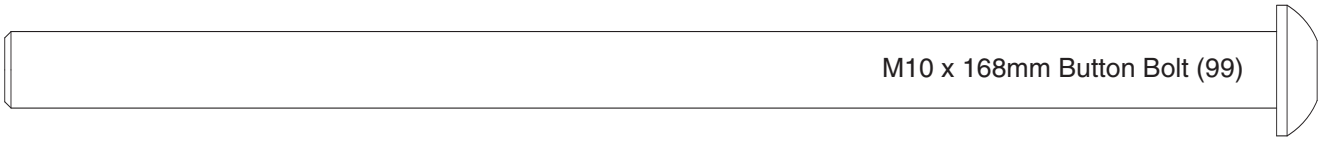
M6 Washer (78)



M8 x 115mm Bolt (76)

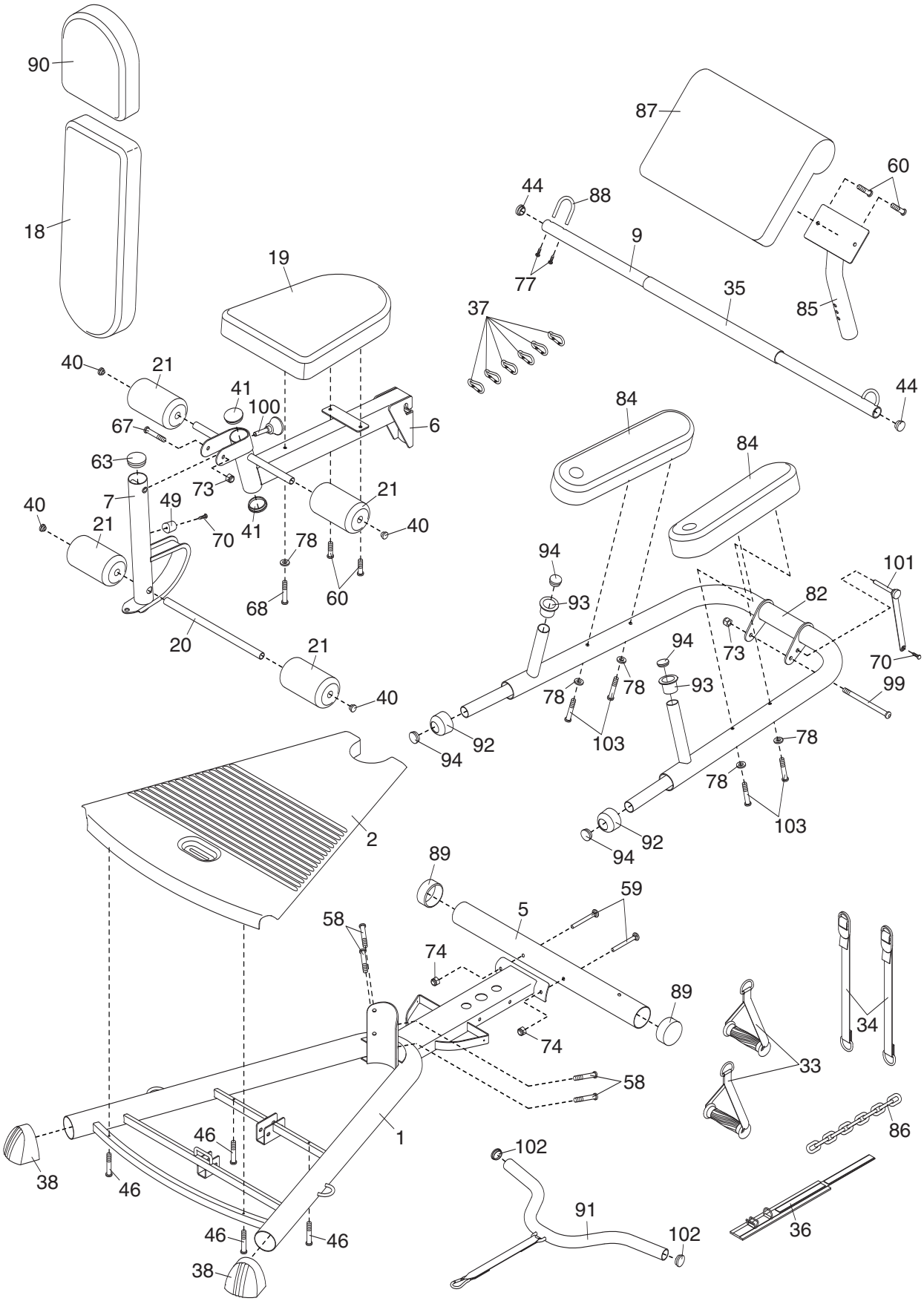


M6 x 127mm Screw (79)



M10 x 168mm Button Bolt (99)

EXPLODED DRAWING A—Model No. WEEVSY6885.0 R0905A



EXPLODED DRAWING B—Model No. WEEVSY6885.0 R0905A